



## **Towngas recognised as “CO-FIT” Best Practice Showcase Company for advocating sports culture for staff mental and physical health**

(9 September 2021) The Hong Kong and China Gas Company Limited (Towngas) was listed among 36 recognised companies/organisations under the inaugural SportsHour Company Scheme and one of four companies/organisations (more than 500 employees) recognised under the “CO-FIT” Best Practice Showcase. The accolades underscore the affirmation enjoyed by Towngas for its efforts and performance in establishing an exercise-friendly work environment and advocating for staff participation in sports.

A judging panel comprising 10 expert members from different sectors selected Towngas for the inaugural best practice showcase under the theme of “CO-FIT”. Judging criteria include candidates’ response to COVID-19 in consideration of the physical activity level of their employees and the community. In addition, the elements of resources for staff to continue sports involvement, corporate culture and measures for external promotion of sports are also considered.

Ms Kit Fan Kit-ye, Towngas Head of Corporate Human Resources, remarked, “At Towngas, we place an emphasis on the mental and physical health development of our staff. We believe that their proactive participation in sports helps maintain a healthy physique and promote relaxation and positive emotions, thereby enhancing their work efficiency and productivity while stimulating creativity, reinforcing team spirit as well as enhancing cohesion and unity. During the epidemic, the Company has responded through arrangements such as moving offline sports activities online, including our annual long-distance run and regular fitness class. A series of home exercise videos were also produced to encourage our colleagues to keep up the habit of exercising.”

Ms Fan added, “Throughout COVID-19, we have been flexible in the ways we carried out sports-related volunteering services. For instance, we sponsored the sporting equipment purchases of charitable organisations and organised online charity walks for our staff to take part in. By continuing to connect with the community through sports under the ‘new normal’, we are able to establish a healthy living culture and shoulder our corporate social responsibility.”

Towngas has consistently invested great efforts into promoting staff participation in sports. The Company set up its Sports & Recreation Club over 60 years ago. Today, the Club comprises various interest groups such as tennis club, hiking club and dragon boat club and organises various recreational, sports and charity activities for staff and their family members to foster work-life balance and a bond among colleagues.

In terms of hardware, various sporting equipment, such as stationary bikes and ping pong tables, is available at public areas and multi-functional event rooms for staff to use during their leisure time. As for software, the Company sponsors staff participation in sports during their off hours. Employees can also enjoy corporate membership at private clubs and rent recreational facilities at discounted prices. Through establishing an exercise-friendly work environment, Towngas hopes to encourage its staff to engage in physical activity more often.

Founded and launched by InspiringHK Sports Foundation in 2021, SportsHour Company Scheme and “CO-FIT” Best Practice Showcase aim to encourage Hong Kong corporations and organisations to build a healthy and active work environment to support the mental and physical health of employees and enhance corporate efficiency, in order to help Hong Kong society build an active enterprise community.

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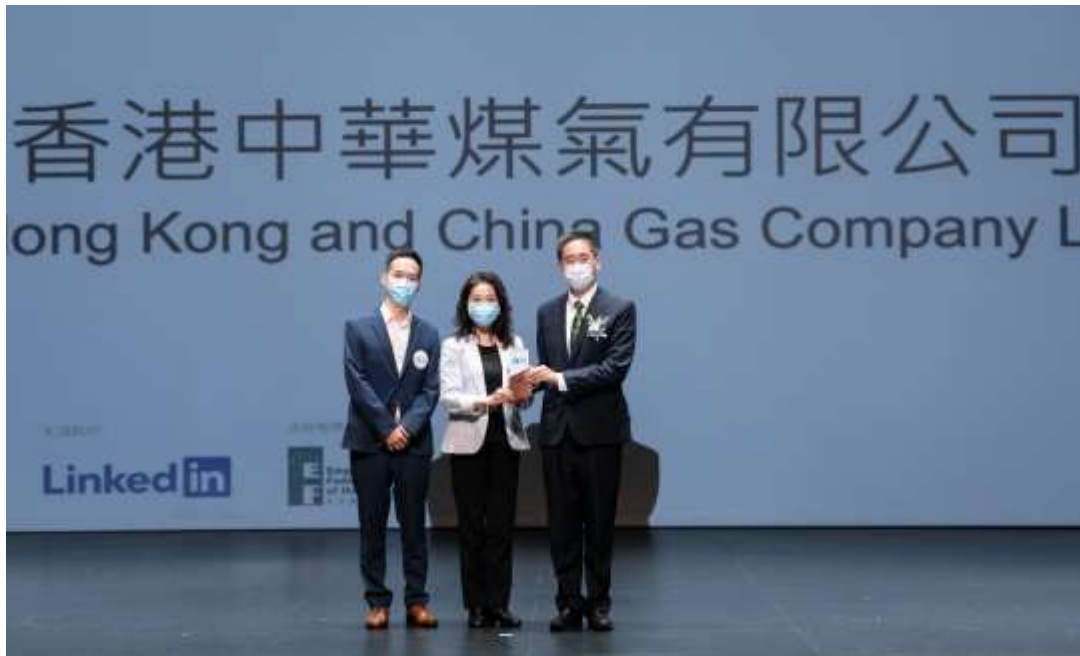
**Press photo:**

**Photo 1:**



Towngas is one of the companies/organisations recognised under the “CO-FIT” Best Practice Showcase. Dr The Honourable Lam Ching-choi (3<sup>rd</sup> from left), non-official member of the HKSAR Executive Council, presents the award to Ms Kit Fan Kit-yee (2<sup>nd</sup> from left), Towngas Head of Corporate Human Resources, Ms Bonny Tam Mei-ling (2<sup>nd</sup> from right), General Manager – Human Resources, Mr Kennie Wong Tse-kin (1<sup>st</sup> from right), Sports & Recreation Manager, and Ms Season Chan Hoi-yee (1<sup>st</sup> from left), Assistant Operations Support Manager and enthusiastic participant in sports activities organised by the Company.

**Photo 2:**



Towngas is among the companies/organisations recognised under the inaugural SportsHour Company Scheme. Dr Bernard Chan Pak-li (1<sup>st</sup> from right), Under Secretary for Commerce and Economic Development, presents the award to Ms Kit Fan Kit-yee (2<sup>nd</sup> from left), Towngas Head of Corporate Human Resources, and Mr Kennie Wong Tse-kin (1<sup>st</sup> from left), Sports & Recreation Manager.

**Photo 3:**



In response to the epidemic, Towngas moved offline activities online, allowing instructors to continue offering classes for staff on sports such as yoga and Pilates.

**Photos 4 & 5:**



Long-distance running is one of the annual flagship activities of Towngas' Sports & Recreation Club. Impacted by COVID-19, the event took the form of an online run, attracting over 220 colleagues to participate.

**Photo 6:**



Towngas Volunteer Service Team has collaborated on the Rehabilitation Sports Day with SAHK since 2016. In the face of the epidemic, Towngas continued to show its support through sponsoring SAHK's sporting equipment purchases and organising close to 100 floor curling training sessions at the adult service residence which saw the participation of over 100 residents to take part.

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